

Los Angeles Region

Los Angeles County



REGIONAL LEAD AGENCIES

California Nutrition Network

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5 a Day-Power Play! Campaign

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ABC UNIFIED SCHOOL DISTRICT*LIA - School/District***Anna Apoian, RD, CDE**

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Local Share: \$731,430

State Share: \$365,715

First Funded: FFY 2002

Legislators

U.S. Sen. Dianne Feinstein
U.S. Sen. Barbara Boxer
U.S. Rep. Linda T. Sanchez
CA Sen. Betty Karnette
CA Assemblymember Rudy Bermudez

Target Audience

- Ages: PreKindergarten; Kindergarten; Grades 1-12; Young Adults; Adults
- Ethnicities: Asian (6.7%); African American (6.8%); Latino (73%); Native American (0.2%); Pacific Islander (0.75%); Caucasian (6.6%); Philipino 5.2% and no-response .75% (5.95%)
- Language: Spanish, English

Settings

Schools

Description

During FFY 2003, this project assessed the school nutrition environment using the School Health Index Module 1. As a result, several school sites created Nutrition Mission Statement and Best Practice Guidelines to help implement current District Nutrition Policies. A Nutrition Committee was formed representing parents, teachers, and students. The committee is also comprised of a board member, principals, and a pediatrician.

The Harvest of the Month program is conducted inside the classroom and includes the use of food-themed books, teacher newsletter, parent newsletter, and taste-testing in the classroom.

Other events and projects include:

- 1st Annual Cerritos Community 5K Run/Walk & Children's 1K Sprint, in collaboration with the City of Cerritos and LA County Parks and Recreation
- Diabetes Prevention Seminar for Parents and Children
- Nutrition Education in over 165 classrooms
- Parent Outreach @ PTA Meetings
- Teacher Training for Nutrition Education
- Classroom Training and Programs
- Web Site
- 5 a Day Tile Murals

ALHAMBRA SCHOOL DISTRICT*LIA - School/District***Judy Huffaker**

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s**Local Share: \$1,240,342****State Share: \$562,391****Grant Amount: \$35,000****First Funded: FFY 2001****Legislators**

U.S. Sen. Dianne Feinstein

U.S. Sen. Barbara Boxer

U.S. Rep. Adam Schiff

CA Sen. Gil Cedillo

CA Assemblymember Judy Chu

Target Audience

- Ages: PreKindergarten; Kindergarten; Grades 1-12; Young Adults; Adults
- Ethnicities: Asian (47.3%); African American (0.8%); Latino (42.5%); Pacific Islander (0.1%); Caucasian (8.7%); Filipino (0.6%)
- Language: Spanish, Vietnamese, Cantonese, Tagalog, Khmer, Mandarin, English

Settings

Schools; Grocery Stores

Partners

Schools; School Food Service; California Project LEAN; Colleges/Universities; University of California Cooperative Extensions; National Organizations; Dairy Council of California; SPARK

Description

The Alhambra School District Nutrition Network provides students and adults with opportunities to make healthy eating choices and increase physical activity.

The program components include:

1. Provide professional development for teachers regarding nutrition and physical activity promotion, as well as strategies for integrating them into the core curriculum.
2. Nutrition education for students utilizing:
 - Cooking in the classroom to provide hands on preparation of healthy snacks.
 - Nutrition lessons incorporated in the classroom activities, math, science, social studies and language arts curriculum.
 - Harvest of the Month featuring nutrition information and produce for classroom instruction, sampling and tasting.
 - Development of student leadership through Nutrition Advisory Councils.
 - Access to farmers for increased awareness of nutrition and agriculture education.
 - Integration of nutrition education through development of nutrition related murals and animated nutrition messages and theatrical performances.
3. Physical activity promotion utilizing programs such as SPARK, Nike PE2Go.
4. Parent nutrition education focusing on healthy choices, benefits of consuming fruit and vegetables, preparation of healthy items, food stamp promotion.

ALONDRA CHURCH OF CHRIST*Faith Community Outreach Special Project***Brenda Payne**

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Grant Amount: \$70,000

First Funded: FFY 1999

Legislators

U.S. Sen. Dianne Feinstein
U.S. Sen. Barbara Boxer
U.S. Rep. Juanita Millender-McDonald
CA Sen. Edward Vincent
CA Assemblymember Mervyn M. Dymally

Target Audience

- Ages: PreKindergarten; Kindergarten; Grades 1-5; Adults; Seniors
- Ethnicities: African American
- Language: English

Settings

Community Centers; Schools; Faith Organizations

Partners

6 partners from: Schools; National Organizations; Down to Earth Health and Nutrition; Power Play

Description

This Compton, CA, church is continuing to implement its nutrition/health education ministry, Tending to the Temple, in their congregation and community. This program reaches out to over 1,000 low-income African-Americans in Compton, South Central Los Angeles and Watts through partnerships with four sister congregations and local community agencies.

Within ACoC and partnering congregations, Tending to the Temple offers the Meet the Challenge program and the Healthy Church Auxiliary Program. The Meet the Challenge program entails participants meeting a nutrition/health related challenge each month (i.e., eat five servings of fruits and vegetables daily). The program is designed to encourage small steps toward better nutrition, increased physical activity and ultimately better health. Participants attend a bi-monthly nutrition/health workshop to reinforce new habits. The Healthy Church Auxiliary Program provides nutrition/health education to auxiliaries and committees within the church. The committees are assisted in developing strategies to contribute to a healthy church environment. The committees disseminate health related information to their members, host one health related event and advertise Tending to the Temple events. Also, nutrition messages are disseminated to the churches via the pulpit, weekly bulletins, a health resource center, and event flyer.

Tending to the Temple offers the Healthy Family Series to low income populations by partnering with community agencies. The program consists of four healthy cooking classes, one nutrition education workshop and one fitness demonstration/workshop. The church offers an annual community health fair where church and community members receive nutrition related information, healthy food samples, and contact with community based health organizations.

APOSTOLIC FAITH HOME ASSEMBLY, INC. (AFHA)*Faith Community Outreach Special Project***Charles Tolbert**

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Grant Amount: \$75,000

First Funded: FFY 1999

Legislators

U.S. Sen. Dianne Feinstein
U.S. Sen. Barbara Boxer
U.S. Rep. Diane Watson
CA Sen. Kevin Murray
CA Assemblymember Herb Wesson

Target Audience

- Ages: Grades 6-12; Young Adults; Adults; Seniors
- Ethnicities: African American (100%)
- Language: English

Settings

Community Centers; Faith Organizations; Colleges & Universities

Partners

8 partners from: Local Health Departments; California Project LEAN; Colleges/Universities; University of California Cooperative Extensions; Local Departments of Social Services; SPA – 6 Collaborative; Adams & Arlington Neighborhood Councils

Description

Apostolic Faith Home Assembly's (AFHA) current nutrition and physical activity program is a faith based community approach to change child and family health behaviors, and to address health disparities facing African Americans who are at risk for overweight, obesity and cardiovascular diseases. A major goal of the program is to involve existing and potential food stamp clients/families, church, and community members in the design and development of program interventions for the purpose of ownership and empowerment.

AFHA has served the community by providing a variety of social services, including a food bank, clothing closet, and individual and family counseling. Nutrition education activities include monthly seminars on healthful meals and increasing consumption of fruits and vegetables in the church, health fairs, health screenings and taste testing. An AFHA Advisory Group meets regularly to plan and oversee the implementation of activities. The Annual Health/Healthy Food Fair and Walkathon provided community residents with free diabetes checks, mammograms, HIV testing, prostate cholesterol testing and other services through collaboration with hospital and health clinics in the area. Congregational members are reached by promoting outreach information through the AFHA website and the monthly newsletter mailing to approximately 300 members. The newsletter carries articles on various nutrition and health issues selected by their health professional team. AFHA has established on-going relationships with organizations including the LA Technical College Culinary Department, Project LEAN, Los Angeles County Health Nutrition Services, SPA6 Health Committee, REACH 2010 Nutrition and Physical Activity Program and Grant AME Church. Participation in advisory groups helps to direct more attention to health issues affected by poor nutrition and physical activity habits among African Americans in the South Central community. AFHA works with it's partners to collect process, outcome and impact data.

BAPTIST CHURCH OF THE NEW COVENANT*Faith Community Outreach Special Project***Dr. Scarlett Small, Ph.D., R.D.**

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Grant Amount: \$73,983

First Funded: FFY 1998

Legislators

U.S. Sen. Dianne Feinstein
U.S. Sen. Barbara Boxer
U.S. Rep. Grace F. Napolitano
CA Sen. Martha Escutia
CA Assemblymember Rudy Bermudez

Target Audience

- Ages: Young Adults; Adults
- Ethnicities: African American (100%)
- Language: English

Settings

Community Centers; Grocery Stores; Faith Organizations

Partners

5 partners from: California Project LEAN; University of California Cooperative Extensions; Baptist Ministers Conference; LA-BIND

Description

The Progressive Health and Nutrition Network (PHANN) is the coordinating body which provides nutrition and physical activity promotion services to low income families in the host (New Covenant) and 20 participating churches in southern Los Angeles County. PHANN conducts outreach and implements a marketing strategy to publicize the program, the *5 a Day* messages and the Food Stamp Program to the larger community and to the congregants of the participating churches. The marketing strategy includes 1) distribution of brochures, flyers and fans at community sites, 2) articles for community magazines and newspapers as well as church bulletins, 3) guests on cable television shows and 4) radio station interviews. A variety of nutrition education and physical activity promotion programs are conducted at the host and participating churches. At a minimum, each church has a three hour nutrition seminar with food demonstrations. Good nutrition is incorporated into all of the churches' food functions such as after church receptions, after school programs, Vacation Bible School, picnics, holiday celebrations and special events of the church ministries. All foods served emphasize fruits and vegetables and low fat cooking that are sensitive to the cultural food practices of African Americans. PHANN staff participates in at least 8 health fairs at the churches and community sites. Educational resources which include books, pamphlets, video and audio tapes and CDs are available for loan. Recipes from the Healthy Foods Cookbook for African American Families, developed by PHANN, are used at food demonstrations and distributed to participants. PHANN staff also works with local grocers to ensure high quality fruits and vegetables are available at a reasonable cost. Activities are conducted in the stores to educate consumers about nutritional benefits, cost, food selection and preparation techniques.

BELLFLOWER UNIFIED SCHOOL DISTRICT*LIA - School/District*

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Local Share: \$76,457
State Share: \$38,224
First Funded: FFY 2002

Legislators
 U.S. Sen. Dianne Feinstein
 U.S. Sen. Barbara Boxer
 U.S. Rep. Lucille Roybal-Allard
 CA Sen. Betty Karnette
 CA Assemblymember Marco A
 Firebaugh

Target Audience

- Ages: Grades 1-12
- Ethnicities: African American (16.91%); Latino (46.74%); Native American (0.44%); Caucasian (24.67%); Asian, Filipino, Pacific Islander Combination (11.24%)
- Language: Spanish, English

Settings

Schools

Partners

5 partners from: Schools; School Food Service; Local Health Departments; California Project LEAN; University of California Cooperative Extensions; Local Departments of Social Services

Description

The Bellflower Unified School District Nutrition Network has two primary focuses for its 2003-2004 State Share Scope of Work:

1. Empowering teachers to integrate nutrition concepts into classroom activities
2. Educating parents on the impact that good nutrition and physical activity and overall family health.

The Nutrition 101 teacher workshop encourages teachers to work together to develop nutrition-related activities that also teach core curriculum standards. To reinforce these workshops, nutrition resource centers are at each site to give teachers easily accessible resources and ideas for incorporating food and nutrition messages in the classroom. In addition, after-school educators are trained on a nutrition education curriculum to reinforce messages that are provided during school. The goal is to make sure every student receives health messages during some portion of the school day.

To bring healthy messages home, parents receive basic nutrition education classes at various targeted school sites. In addition, a large parent workshop is implemented to encourage maximum district parent attendance. The quarterly parent newsletters not only reinforce messages delivered during classes, but also reach out to those who are unable to attend. The Walk to School Day event provides parents and students a chance to put physical activity promotion into action.

The recommendations from the School Health Index team supplement teacher and parent activities by sparking realistic and achievable actions for healthy improvements at the school and/or district levels.

CALIFORNIA STATE UNIVERSITY, LOS ANGELES*LIA - College/University***Dr. Laura Calderon, Dr.P.H.,
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Local Share: \$81,666**State Share: \$40,834****First Funded: FFY 1999****Legislators**

U.S. Sen. Dianne Feinstein

U.S. Sen. Barbara Boxer

U.S. Rep. Hilda L. Solis

CA Sen. Gloria Romero

CA Assemblymember Judy Chu

Target Audience

- Ages: Grades 7-12
- Ethnicities: Asian (15%); African American (4%); Latino (51%); Pacific Islander (10%); Caucasian (20%)
- Language: Spanish, Vietnamese, Hmong, Cantonese, Tagalog, Korean, Khmer, Armenian, Mandarin, English

Settings

Community Centers; Schools; Grocery Stores

Partners

10 partners from: Schools; School Food Service; Local Health Departments; California Project LEAN; Colleges/Universities; University of California Cooperative Extensions; LA Collaborative; Children + Weight Coalition

Description

The California State University at Los Angeles (Cal State L.A.), has partnered with Francisco Bravo Medical Magnet High School to develop a nutrition education and physical activity intervention aimed at high school students and their families. This intervention uses a peer advocacy approach, based on the Project Lean model; this model encourages student empowerment, peer training and policy change.

Activities include:

- 20-30 High School advocates (nutrition and physical activity) recruited and trained with weekly educational meetings.
- Bravo High School Student Health Club, "The Healthy Corner Club" formed.
- Media campaigns encouraging "healthy eating" for the Spanish speaking community.
- Policy change at the high school level.
- Health and nutrition related workshops at Cal State Los Angeles.
- High School Health Fair
- Maintain FAQs to the Internet: <http://www.calstatela.edu/faculty/lcalder/links.htm>
- Low-fat cooking demonstrations and "healthy shake" demonstrations.

CALIFORNIA STATE UNIVERSITY, NORTHRIDGE*LIA - College/University*

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Local Share: \$177,997

State Share: \$88,999

First Funded: FFY 1998

Legislators

U.S. Sen. Dianne Feinstein
 U.S. Sen. Barbara Boxer
 U.S. Rep. Brad Sherman
 CA Sen. Richard Alarcon
 CA Assemblymember Lloyd E.
 Levine

Target Audience

- Ages: PreKindergarten; Grades 3, 7, 10-12; Young Adults; Adults; Seniors
- Ethnicities: Asian (5%); African American (5%); Latino (85%); Caucasian (5%)
- Language: Spanish, Tagalog, Korean, English

Settings

Community Centers; Schools; Head Start centers

Partners

5 partners from: Schools; Head Starts – operated by Child Care Resource Center & Latin American Civic Assoc; Alicia Broadous Senior Center
 Operated by the Interfaith Council

Description

The overall goal of Project Vitality Across the Lifespan (VAL) is to demonstrate the use of 12 cross-disciplinary CSUN student/faculty teams to increase awareness and consumption of 5-9 daily serving of fruits and vegetables as a part of a healthy diet and daily physical activity (30 minutes for adults and 60 minutes for children) for lifelong health. Our service-learning project goal is to reach total of 385 unduplicated low-income (annual \$20,000 or below) families and their preschool and elementary school children, middle school teens, pregnant high school students, and elders with educational presentations on nutrition and physical activity.

Each of our 12 teams will develop 6 fifty-minute presentations focusing on the dynamic interaction between nutrition and physical activity on the health and well being of families throughout the lifespan. Project VAL will assess outcomes at four levels: (1) CSUN students; (2) Faculty Field Supervisors; (3) representatives of sites of service; and (4) low income participants – evaluation of presentations, and changes in knowledge and food preferences.

COMPTON COMMUNITY COLLEGE*LIA - College/University***Anna Marie Erro**

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Local Share: \$525,470

State Share: \$230,181

First Funded: FFY 1999

Legislators

U.S. Sen. Dianne Feinstein
 U.S. Sen. Barbara Boxer
 U.S. Rep. Juanita Millender-McDonald
 CA Sen. Edward Vincent
 CA Assemblymember Mervyn M. Dymally

Target Audience

- Ages: Grades 1-3, 8-12; Young Adults; Adults; Seniors
- Ethnicities: Asian (10%); African American (40%); Latino (44%); Native American (2%); Pacific Islander (2%); Caucasian (2%)
- Language: Spanish, Vietnamese, Khmer, English

Settings

Community Centers; Clinics; Schools

Partners

2 partners from: California Project LEAN; College Fitness Center

Description

The Compton Community College (CCC) Nutrition Network plans to continue to offer Nutrition education workshops to Cal Works, Boys and Girls Clubs, LACOE, Child Care and Community Centers as well as provide demonstrations on how to prepare healthy nutritious meals at many of the adult workshops. This year CCC also plans to be active in the community by dispensing nutrition education information at Health Fairs and other local Community Functions. CCC will reach out to the Compton community with nutrition educational messages through Public Service Announcements and encourage the intake of fruits and vegetables by promoting a local Farmer's Market.

CCC will continue to support the committee on the Obesity in Children and take part in the LA collaborative for Active and Healthy Children.

COMPTON UNIFIED SCHOOL DISTRICT*LIA - School/District*

Tommie Callegari 604 South Tamarind Avenue Compton, CA 90220 Phone: (310) 639-4321 x46548 Fax: (310) 635-8268 tcallegari@compton.k12.ca.us	Local Share: \$2,211,237 State Share: \$755,180 First Funded: FFY 2003	Legislators U.S. Sen. Dianne Feinstein U.S. Sen. Barbara Boxer U.S. Rep. Juanita Millender-McDonald CA Sen. Edward Vincent CA Assemblymember Mervyn M. Dymally
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Target Audience

- Ages: Kindergarten; Grades 1-12
- Ethnicities: Asian (0.03%); African American (31.2%); Latino (66.9%); Native American (0.03%); Pacific Islander (1.05%); Caucasian (0.03%)
- Language: Spanish

Settings

Schools

Partners

School Food Service; California Project LEAN

Description

Compton Unified School District plans to accomplish the following activities for 2003-2004:

- Establish Nutrition Advisory Councils in 13 elementary schools, one middle school and one high school that will implement at least two nutrition and/or physical activity education events. At the end of the school year students will participate in a mini conference to share their activities with other council members throughout the school district.
- Plan and implement nutrition and physical activity education workshops for teachers from targeted schools.
- Conduct formative research to determine the nutrition and physical activity education needs in targeted schools through surveys, interviews and focus groups.
- Promote the consumption of fruits and vegetables to 5-9 servings per day and increase daily physical activity to at least 30 minutes in adult and one hour in children and teens in low-income families through the Harvest of the Month Club, workshops, salad bar and garden education related to nutrition.
- Promote and participate in Walk to School Day, providing nutrition education materials at the event.
- Increase breakfast participation by 5 – 10% among targeted elementary schools by promoting nutritional benefits of eating breakfast.
- Distribute information about the Food Stamp Program to family members of the Compton Unified School District while conducting nutrition education to this group.

DOWNEY UNIFIED SCHOOL DISTRICT*LIA - School/District*

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Local Share: \$559,195

State Share: \$279,317

First Funded: FFY 2000

Legislators

U.S. Sen. Dianne Feinstein
 U.S. Sen. Barbara Boxer
 U.S. Rep. Lucille Roybal-Allard
 CA Sen. Betty Karnette
 CA Assemblymember Ronald S.
 Calderon

Target Audience

- Ages: PreKindergarten; Grades 1-8
- Ethnicities: Asian (4%); African American (4%); Latino (76%); Caucasian (14%); Filipino and other (2%)
- Language: Spanish, English

Settings

Schools

Partners

20 partners from: Schools; School Food Service; Local Health Departments; California Project LEAN; National Organizations; California Dairy Council

Description

In order to achieve their scope of work objectives, Downey Unified School District (DUSD) will continue to offer nutrition education trainings for teachers on "The Foundations of Nutrition" and "Connecting Nutrition to the Curriculum." Several schools have now been equipped with cooking carts. At these schools, *Network* staff will offer safety training and then progress to a "Cooking with Kids" training. They will also continue to operate the Harvest of the Month program which features a monthly newsletter and produce sampling in the cafeteria and classroom. They support teachers' classroom work with the purchase of books, curriculum, and the ingredients for the newsletter recipes. To expand the program reach beyond the cafeteria and classroom, staff encourages schools to incorporate *Nutrition Network* activities at school/community events such as carnivals, Jog-a-thons, etc. In addition, they will continue parent nutrition education training in partnership with True Lasting Connections and will expand training to other programs working with DUSD parents. They promote healthful eating, physical activity, and increased participation in the Food Stamp program at Open House nights at each school site. To achieve the goal of changing policy within the school environment they will assess individual school sites utilizing the School Health Index. DUSD encourages garden-based nutrition education by providing a garden-based curriculum for interested teachers and arranging for teachers with extensive garden experience to partner with schools wanting to start or expand their garden programs. The goal of the program to create an environment that provides students with the knowledge and skills they need to make healthy lifestyle decisions while at the same time providing an environment that exemplifies the healthy lifestyle they are promoting.

CITY OF DUARTE PARKS AND RECREATION DEPARTMENT

LIA - Parks and Recreation

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Local Share: \$91,585

State Share: \$45,792

First Funded: FFY 1999

Legislators

U.S. Sen. Dianne Feinstein
U.S. Sen. Barbara Boxer
U.S. Rep. Hilda L. Solis
CA Sen. Gloria Romero
CA Assemblymember Carol Liu

Target Audience

- Ages: Grades 4-6, 9-12; Young Adults; Adults
- Ethnicities: Asian (12%); African American (9%); Latino (43%); Native American (1%); Caucasian (32%); no info (3%)
- Language: Spanish, English

Settings

Community Centers; Schools

Partners

15 partners from: Schools; School Food Service; Parks and Recreation; Hospitals; Chamber of Commerce

Description

The main focus of the City of Duarte's program is to form a Teen Nutrition Council. The high school students on the council will receive extensive training in nutrition, physical fitness promotion and Federal nutrition assistance programs. They will then use their knowledge to assist in the implementation of all program activities.

The City of Duarte works with local elementary schools to provide the Por La Vida program to parents. The program will be provided in Spanish at the school site. Parents receive at least 10 hours of nutrition education and learn how to incorporate more fruits and vegetables into their family's diet. The parents are also trained to teach the class and they will be encouraged to share their knowledge with friends and neighbors.

Through the implementation of school gardens at two local elementary schools, the City of Duarte provides weekly nutrition education in the classroom to approximately 10 students over a period of approximately 8 months. Upon completion of the program, it is hoped that the majority of children will indicate an intention to choose healthier foods.

Four sessions of a "Healthy Cooking" class are offered for low-income children. Over a six-week period, students learn how to prepare food with a focus on incorporating fruits and vegetables into their daily diet. Students also receive weekly lessons on nutrition education.

EAST LOS ANGELES COLLEGE*LIA - College/University***Dr. Manjit Kaur**

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State Share: \$730,069

First Funded: FFY 1999

Legislators

U.S. Sen. Dianne Feinstein
U.S. Sen. Barbara Boxer
U.S. Rep. Hilda L. Solis
CA Sen. Gloria Romero
CA Assemblymember Judy Chu

Target Audience

- Ages: PreKindergarten; Kindergarten; Grades 1-6, 9-12; Young Adults; Adults
- Ethnicities: Asian (5%); African American (3%); Latino (87%); Caucasian (5%)
- Language: Spanish, Mandarin, English

Settings

Community Centers; Schools

Partners

5 partners from: Schools; California Project LEAN; University of California Cooperative Extensions; 5-A-Day!

Description

The East Los Angeles College (ELAC) Local Incentive Award has initiated nutrition education programs at 11 sites in the East L A region that include the ELAC campus, two local high schools, a teen parent site at one of these high schools and seven local elementary schools. The majority of the target audience at these sites is Hispanic. The nutrition education programs being implemented with the various age groups at these sites focus on promoting the increase of fruit and vegetable intake but also promote other healthy nutrition behaviors as well. Some of the more innovative nutrition education approaches being used include the following activities. After school cooking classes, nutrition education animated cartoon creations, taste-tests conducted during nutrition units in the Freshmen Studies programs, and "Chef in the Classroom" healthy cooking classes are being used in the high school programs. In the elementary schools, nutrition education linked with journal writing, music, and art is taking place with the students, along with complementary nutrition education and training for parents and teachers. An impact evaluation objective on fruit and vegetable consumption will be piloted at one of the elementary schools using the self-efficacy assessment tool. On the campus of ELAC, workshops on nutrition education are offered to students and student athletes with an emphasis on positive changes for healthier lifestyles that may prevent chronic diseases such as diabetes that are on the rise in this target population.

EL MONTE CITY SCHOOL DISTRICT*LIA - School/District***Wanda Grant, R.D.**

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Local Share: \$1,264,223

State Share: \$632,110

First Funded: FFY 1998

Legislators

U.S. Sen. Dianne Feinstein
 U.S. Sen. Barbara Boxer
 U.S. Rep. Hilda L. Solis
 CA Sen. Gloria Romero
 CA Assemblymember Judy Chu

Target Audience

- Ages: Kindergarten; Grades 1-8
- Ethnicities: Asian (14%); Latino (78%); Caucasian (7%); no info (1%)
- Language: Spanish, English

Settings

Schools; Grocery Stores

Partners

Schools; School Food Service; Local Health Departments; Parks and Recreation; California Project LEAN; University of California Cooperative Extensions; Local Departments of Social Services; LA Collaborative; Cancer Prevention

Description

The El Monte City School District Child Nutrition Services *California Nutrition Network* has prepared an aggressive program to continue to promote nutrition education, specifically aimed at increasing consumption of fruits and vegetables and daily physical activity to students, teachers, staff, parents and community members. For example, to reach students in the classroom and to assist teachers in incorporating nutrition education into the core curriculum, all 18 schools are equipped with a mobile cooking cart. Teachers can use this cart independently and in conjunction with the "Guest Chef" program. The "Guest Chef" program sends teachers into the classroom to teach incorporating nutrition education and physical activity into the core curriculum.

Educating staff is a top priority, for this effort trickles down to all target audiences. To obtain this goal, teacher In-service workshops are conducted five times a year. Topics include: Lessons in Nutrition for Teachers, Cooking Cart Culinary Creations and Eating Around Physical Activity. These workshops provide the latest science based nutrition information and reinforces how to effectively use cooking in the classroom, healthy food choices, the importance of physical activity and hands on demonstrations with teacher chefs.

Other ongoing activities for students, staff, parents and community partners include the Harvest of the Month program, Fall Apple and Pumpkin promotions, Grocery Store Scavenger Hunt, Annual Nutrition Expo, Nutrition Carnival and NAC Conference.

EMCSD also targets parents, for they may implement nutrition and physical activity information provided at Back to School Nights, Open Houses and Parent Teacher Association meetings. Each school is equipped with nutrition services and education displays, which contain parent friendly, English/Spanish brochures, school lunch menus and free or reduced fee meal applications.

HAWTHORNE SCHOOL DISTRICT - RAMONA ELEMENTARY*LIA - School/District***Candace Hanson**

Nutrition Network Project

Coordinator

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Local Share: \$1,234,198**State Share: \$617,099****First Funded: FFY 1999****Legislators**

U.S. Sen. Dianne Feinstein

U.S. Sen. Barbara Boxer

U.S. Rep. Maxine Waters

CA Sen. Edward Vincent

CA Assemblymember Jerome E.
Horton**Target Audience**

- Ages: PreKindergarten; Kindergarten; Grades 1-8
- Ethnicities: Asian (3%); African American (29%); Latino (60%); Native American (1%); Pacific Islander (1%); Caucasian (3%); NO INFO (3%)
- Language: Spanish

Settings

Schools

Partners

7 partners from: Schools; School Food Service; Parks and Recreation; California Project LEAN; University of California Cooperative Extensions; PEAL Athletic League; Moneta Gardens Improvement, Inc.

Description

The Hawthorne School District is located in Los Angeles County and consists of eight elementary and three middle schools. The goals of our *Network* are to promote healthy eating and physical activity by forming a link between the cafeteria, classroom and community. This link creates school environments that reflect a comprehensive commitment to the health and well being of all of our students.

Every school cafeteria highlights a "Garden Bar", and conducts a "Harvest of the Month" ("HOTM") promotion. Food service employees encourage students to try the featured produce and promote nutrition education activities. Teachers receive a "HOTM" newsletter that reinforces messages in the cafeteria.

In the classroom *Network* activities include: (1) monthly teacher trainings; (2) nutrition education; (3) a fully-equipped Mobil Nutrition Education Center; (4) gardening activities; and (5) Nutrition Advisory Councils, which are active exploratory classes at our middle schools.

Community outreach is the third component of our program. A weekly newspaper article is written and published in local newspapers. We have partnerships with the City Cable Television and other local non-profit community agencies to promote healthy eating at health fairs and other community events. Additionally, nutrition education for parents has been woven into existing district parenting classes.

HOLY FAITH EPISCOPAL CHURCH*Faith Community Outreach Special Project***Daisy Galeano**

Project Director
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Inglewood, CA 90301

Phone: (310) 672-4734
Fax: (310) 674-7181

DaisyVGaleano@aol.com

Grant Amount: \$72,068

First Funded: FFY 1998

Legislators

U.S. Sen. Dianne Feinstein
U.S. Sen. Barbara Boxer
U.S. Rep. Maxine Waters
CA Sen. Edward Vincent
CA Assemblymember Jerome E. Horton

Target Audience

- Ages: Grades 8, 9; Young Adults; Adults; Seniors
- Ethnicities: African American (47%); Latino (46%)
- Language: Spanish, English

Settings

Community Centers; Grocery Stores

Partners

Jubilee Consortium; Coalition for a better Inglewood

Description

The Holy Faith Project is committed to conveying the importance of the *African American 5 a Day* message through our newly created "Jubilee Health Watch" newsletters, recipes with nutritional benefits handouts, food tasting, cooking demonstrations, participation in physical activity events, participation of local health fairs, distribution of flyers with relevant information, expansion of goals to Jubilee Consortium churches, and outreach to other community leaders in order to increase participation.

The following are activities conducted or being planned for the future:

- Es Facile Cooking Demonstration
- Food Bank food tasting with the distribution of recipes along with nutritional benefits
- Yoga classes food tasting with the distribution of recipes along with nutritional benefits
- Sponsor "Coffee Hour" at Holy Faith once a month and provide nutrition education
- Provide youth of Keep It Real with cooking demonstrations and nutritional education
- Distribution of "Jubilee Health Watch" newsletters through church sites, organizations and businesses
- Participated in the Inglewood/LAX community CROP Walk, May 2004
- Registered as a participant at the Hawthorne Sports and Health Fair on June 19, 2004
- Distribute information of local events and Physical activities in the area
- Site visits at Jubilee Consortium and provide food tasting with the distribution of recipes along with nutritional benefits
- Work with California Hospital Health Ministry Program to perform health screenings at church sites
- Work with Coalition for a Better Inglewood to educate African American Advisory Council Policy

LONG BEACH CITY COLLEGE*LIA - College/University***Anne Killian**4901 East Carson Street
Long Beach, CA 90808

Phone: (562) 938-3311

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akillian@lbcc.edu

Local Share: \$419,152**State Share: \$209,576****First Funded: FFY 1999****Legislators**

U.S. Sen. Dianne Feinstein

U.S. Sen. Barbara Boxer

U.S. Rep. Juanita Millender-
McDonald

CA Sen. Betty Karnette

CA Assemblymember Alan
Lowenthal**Target Audience**

- Ages: PreKindergarten; Grades 9-12; Young Adults; Adults
- Ethnicities: Asian (3%); African American (24%); Latino (25%); Native American (1%); Pacific Islander (3%); Caucasian (44%)
- Language: Spanish, Hmong, Khmer, English

Settings

Community Centers; Schools

Partners

7 partners from: Local Health Departments; California Project LEAN; Colleges/Universities; University of California Cooperative Extensions; National Organizations

Description

Perform a Pre and Post Assessment Survey with the parents in the Child and Adult Development Department program inquiring about their knowledge of fruits, vegetables and the importance of physical activity. Through a variety of Topic Tables, Parent Education classes and weekly Produce demonstrations, individuals will increase their knowledge and awareness of the necessity to eat a minimum of 5 fruit and vegetable servings a day. These venues will also promote ways to help increase the family's level of physical activity.

Through regular staff meetings and activities the staff will increase their awareness and knowledge of the consumption of 5 servings of fruits and vegetables and the importance of physical activity in their own lives and the lives of the preschool children, parents and students. Preschool Specialists are encouraged to incorporate more Nutrition Education activities in their classrooms by taking advantage of the cooking carts and equipment available through the program.

The Foster Kinship Youth participating in the Independent Living and Early Steps to Emancipation Program will be involved in Nutrition Education Activities. Emphasizing the importance of eating more fruit and vegetables along with increased physical activity these youth will participate in meal preparations as well as discussion on the importance of good nutrition and regular physical activity.

LONG BEACH UNIFIED SCHOOL DISTRICT*LIA - School/District***Robin Sinks, C.H.E.S.**

Health Curriculum Leader
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Signal Hill, CA 90755

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Local Share: \$1,535,415

State Share: \$767,708

First Funded: FFY 2000

Legislators

U.S. Sen. Dianne Feinstein
U.S. Sen. Barbara Boxer
U.S. Rep. Juanita Millender-McDonald
CA Sen. Betty Karnette
CA Assemblymember Alan Lowenthal

Target Audience

- Ages: PreKindergarten; Kindergarten; Grades 1-12; Young Adults; Adults
- Ethnicities: Asian (10.2%); African American (18.8%); Latino (48.1%); Native American (0.3%); Pacific Islander (2.1%); Caucasian (17.1%); Filipino (3.3%)
- Language: Spanish, Vietnamese, Hmong, Tagalog, Khmer, English

Settings

Schools

Partners

75 partners from: Schools; School Food Service; Local Health Departments; Parks and Recreation; California Project LEAN; Colleges/Universities; University of California Cooperative Extensions; Community-Based Organizations; Healthcare; PTA; 5 District Depts.; Farmers' Mkt

Description

The Long Beach Unified School District (LBUSD) addresses nutrition education and physical activity promotion through a coordinated school health system that is consistent with CDC's model and is described in the Health Framework for California Public Schools. Building upon existing efforts, LBUSD utilizes *California Nutrition Network* funds to increase the likelihood that low-income students and their families will consume five fruits and vegetables daily, participate in physical activity (60 minutes per day for youth, 30 minutes per day for adults), and participate in food assistance programs. A Project Teacher and Child Nutrition Specialist work closely with the Health and PE Curriculum Leaders to provide teacher training and parent education classes at low income schools (50%+ free/reduced lunch count). Teacher training covers basic nutrition information, impact on health and academic achievement, and instructional strategies and resources to incorporate nutrition education through literacy efforts. Instructional materials, portable cooking carts, food demonstrations/tasting, and assemblies are provided to enhance instruction. Parent education topics include nutrition and physical activity needs of students and adults, reading food labels, food safety and sanitation, and food assistance programs. In addition, after-school recreation programs incorporate nutrition education activities throughout the program. Educational and promotional items with positive nutrition messages are provided to participants to motivate and reinforce instructional messages. As a result, participants will demonstrate increased knowledge/understanding of the importance of nutrition and physical activity; teachers enhance classroom instruction; and adult and student eating/activity behaviors are positively affected.

CITY OF LONG BEACH*LIA - Local Health Department*

Lara Turnbull, MPH, CHES
 Project Director/Health Education
 Coordinator
 2525 Grand Avenue
 Long Beach, CA 90815
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 Lara_Turnbull@longbeach.gov

Local Share: \$2,602,777**State Share: \$1,301,389****First Funded: FFY 2003****Legislators**

U.S. Sen. Dianne Feinstein
 U.S. Sen. Barbara Boxer
 U.S. Rep. Juanita Millender-
 McDonald
 CA Sen. Betty Karnette
 CA Assemblymember Alan
 Lowenthal

Target Audience

- Ages: PreKindergarten; Kindergarten; Grades 1-3; Young Adults; Adults
- Ethnicities: Asian (14%); African American (18%); Latino (47%); Native American (0.5%); Pacific Islander (1.5%); Caucasian (16%); Other (3%)
- Language: Spanish, English

Settings

Community Centers; Farmers' Markets; Health Department

Partners

Local Health Departments; Medi-Cal; WIC; BIH; CHDP; 5 a Day and the Food Stamp Program

Description

Network funding began in 2003-04 for the Healthy Active Long Beach Project. The project will include:

- Outreach at local events, health fairs and local farmers' markets.
- Nutrition education trainings for local providers of low income families.
- Interactive nutrition education classes for low-income families with plenty of hands-on learning for families with children pre-K to 3rd grade. Classes will be multi-session and will educate participants on the food guide pyramid, portion sizes, basic food safety, the importance of breakfast, tips for healthy eating on the go, and the importance of daily physical activity for the entire family. Classes will include one-time only physical activity demonstrations.
- Cooking demonstrations, healthy recipes and food tastings.
- Newsletters.
- Participants will participate in, will sample and prepare healthy, culturally appropriate foods, will learn practical ways to incorporate healthier food choices into their diets, will learn about the chronic diseases associated with being overweight and unfit, and will be linked to appropriate services such as Parks & Rec. programs, Medi-Cal, WIC, BIH, CHDP, and the Food Stamp Program.
- A city-wide social marketing campaign to promote the *5 a Day* messages, physically active lifestyles, and food stamp participation for eligible families.

Healthy Active Long Beach will also enhance current health department programs by providing nutrition education classes to eligible families, trainings for providers who work with food stamp eligible families, and providing referrals and linkages to other health and physical activity programs.

CITY OF LONG BEACH*CHDP Nutrition Project***Pamela Shaw**

2525 Grand Avenue
Long Beach, CA 90815

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Fax: (562) 570-4099

pamela_shaw@longbeach.gov

Grant Amount: \$100,000

Legislators

U.S. Sen. Dianne Feinstein

U.S. Sen. Barbara Boxer

U.S. Rep. Juanita Millender-McDonald

CA Sen. Betty Karnette

CA Assemblymember Alan Lowenthal

Target Audience

- Ages: Young Adults; Adults
- Ethnicities: African American (35%); Latino (65%)
- Language: Spanish, English

Settings

Community Centers; Clinics; CPSP Provider offices

Partners

CPSP Providers

Description

The City of Long Beach Department of Health and Human Services plans to improve the nutrition of low-income pregnant and breastfeeding residents by contracting with a Registered Dietitian (RD) to teach perinatal nutrition classes to providers, nurses, health educators and others who directly serve these clients. By enhancing the nutritional education of the involved staff, the RD will be able to use her time effectively and yet indirectly reach hundreds of clients that MCH, BIH and CPSP staff see each year. The City RD will:

- Offer six Perinatal nutritional trainings for Long Beach CPSP (Comprehensive Perinatal Services Program) providers and staff, bringing state nutrition trainings to Long Beach.
- Ensure quality assurance in CPSP nutrition during provider office visits by the Perinatal Services Coordinator.
- Provide four perinatal nutritional classes to Long Beach Public Health Nurses (who do high risk home visitation), MCH Health Educators (who teach small classes in low-income communities), and BIH Staff (who support pregnant and parenting African-American residents.)
- Review nutrition education resource materials from USDA and CPSP, and make recommendations for culturally appropriate fact sheets and develop a resource list/guide of local low-cost or free food assistance programs including food stamps, food banks, breakfast and lunch programs, WIC, and farmers markets. The guides will be distributed through the MCH, CPSP, and BIH programs.
- Provide a workshop on Perinatal nutrition to Black Infant Health Program clients.

LOS ANGELES BLACKS IN NUTRITION AND DIETETICS (LA BIND)

Faith Community Outreach Special Project

Myrtis Tracy, M.S., R.D.

Project Director
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Los Angeles, CA 90047

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Grant Amount: \$75,000

First Funded: FFY 2000

Legislators

U.S. Sen. Dianne Feinstein

U.S. Sen. Barbara Boxer

U.S. Rep. Maxine Waters

CA Sen. Edward Vincent

CA Assemblymember Mark Ridley-Thomas

Target Audience

- Ages: Young Adults; Adults; Seniors
- Ethnicities: African American (100%)
- Language: English

Settings

Professional organization

Partners

5 partners from: Local Health Departments; California Project LEAN; University of California Cooperative Extensions; YMCA; Reach 2010

Description

LA BIND is a non-profit organization that is funded by the *Nutrition Network* to provide technical assistance and nutrition education/physical activity resources to eight currently funded Faith-Based Community projects in Southern California. This organization of African-American Registered Dietitians (RD's) is enhancing the faith projects this year by:

- Conducting nutrition presentations and food demonstrations at funded churches;
- Completing manual entitled "Answers to your Food & Nutrition Questions";
- Developing recipe cards with nutrition and physical activity messages;
- Developing newsletters with nutrition and physical activity information;
- Providing nutrition articles for church bulletins and neighborhood newspapers;
- Conducting education activities at farmers' markets in low-income areas;
- Implementing *5 a Day* Retail Program activities in Inglewood;
- Supporting community and statewide efforts on nutrition education and physical activity of the *African American 5 a Day* Advisory Council;
- Participating in assessment of *African American 5 a Day* education and training materials; and
- Continuing to revise previously developed healthy ethnic recipe book, "Let Your Soul Food be Healthy with Food Made Good for the Soul."

In addition, this organization is conducting community outreach activities at local shopping malls, farmers' markets and cultural events such as the African-American Marketplace. Collaboration among the faith outreach projects is encouraged in conducting these activities to educate the broader community in the Los Angeles area.

LOS ANGELES COALITION TO END HUNGER AND HOMELESSNESS

Food Security Special Project

Frank Tamborello

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Los Angeles, CA 90020

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Grant Amount: \$40,000

First Funded: FFY 2002

Legislators

U.S. Sen. Dianne Feinstein

U.S. Sen. Barbara Boxer

U.S. Rep. Diane Watson

CA Sen. Kevin Murray

CA Assemblymember Mark Ridley-Thomas

Target Audience

- Ages: Seniors
- Ethnicities: Asian; Latino; Pacific Islander
- Language: Spanish, Armenian, Russian

Settings

Community Centers; Clinics; Schools; Grocery Stores; Farmers' Markets; Faith Organizations

Partners

4 partners from: Faith-based; Community based; Local coalitions

Description

This second-year food security project is aimed directly at identifying food access needs, resources and recommendations for low-income and homeless people (approximately 55,000) living in Hollywood (90028) by completing a community food assessment process. The Community Food Security Coalition (CFSC) Community Food System Assessment Project, also funded by the *California Nutrition Network*, will provide the training, technical assistance and support to LACEHH's project.

LACEHH's scope of work calls for a broad educational activity for food pantry operators and other food providers in the target area about the objectives of the project and possible policy initiatives and action plans that may result from the assessment process. All food sources (pantries and vendors) will be identified and inventoried in the 90028 zip code area as well as a map of large grocery stores, WIC clinics, food stamp offices including information on prices, hours of availability, types of food, etc.

In addition, the project will also survey a sample of approximately 100-150 homeless persons, 75-125 seniors/older adults, and 75-125 very low-income families and through the use of focus groups, help determine a wide variety of food and dietary needs as well as identifying the top five barriers to accessing sufficient amounts of nutritious, affordable food.

The project will also facilitate a community education and organizing campaign to develop recommendations for improving food access in the Hollywood area via the newly formed Hollywood Community Action Network (HCAN).

LOS ANGELES COUNTY DEPARTMENT OF HEALTH SERVICES

California Nutrition Network Regional Lead Agency

Johanna Asarian-Anderson
 Director, Nutrition Program
 3530 Wilshire Boulevard, Suite
 800
 Los Angeles, CA 90010
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Local Share: \$1,508,439

State Share: \$754,220

Grant Amount: \$147,200

First Funded: FFY 1998

Legislators

U.S. Sen. Dianne Feinstein
 U.S. Sen. Barbara Boxer
 U.S. Rep. Diane Watson
 CA Sen. Kevin Murray
 CA Assemblymember Mark Ridley-Thomas

Target Audience

- Ages: All Ages
- Ethnicities: Asian (11.8%); African American (9.7%); Latino (44.6%); Native American (0.5%); Pacific Islander (0.2%); Caucasian (31.1%)
- Language: Spanish, English

Settings

Community Centers; Clinics; Schools; Grocery Stores; Farmers' Markets; Restaurants; Faith Organizations

Partners

100 partners from: Schools; School Food Service; Local Health Departments; Parks and Recreation; California Project LEAN; Colleges/Universities; University of California Cooperative Extensions; Local Departments of Social Services; Community-Based Organizations; Faith Based

Description

The County of Los Angeles is building an institutional framework using public health nurses and community health workers, and a community based framework using promotoras/community health promoters as key resource agents for delivery of 'best practices' of nutrition and physical activity promotion curriculum to increase vegetable and fruit consumption for all County residents. Using an overarching theme of "Seasonal Produce" (Spring, Summer, Fall, and Winter), kits are created for distribution to individuals, communities, institutions, and the media. The kits highlight seasonal produce, recipes, tips for selection, storage, and nutritional content of fruits and vegetables. Additionally, seasonally relevant health messages are included, for example, summertime food safety tips, healthy eating during the holiday season, and ways to be physically active during each season. Training on how to use the kits is provided to groups requesting training. The kits are distributed for use at all levels of the social ecological model and will be available on the Nutrition Program's website. Two additions of The Good Food News will be distributed to food stamp recipients. Other print and electronic media promotions are planned.

Regional Infrastructure Award:

Work in partnership with *5 a Day—Power Play!* Los Angeles Coalition to strengthen the Los Angeles Collaborative for Healthy Active Children to address issues related to fruit and vegetable consumption, physical activity, or participation in federal food assistance programs, by identifying and communicating with collaborative members, and by providing training and evaluation support for collaborative action plans.

LOS ANGELES COUNTY DEPARTMENT OF HEALTH SERVICES

CHDP Nutrition Project

Cynthia Harding

Director of Maternal, Child, and
Adolescent Health Programs
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Avenue, Suite 800
Los Angeles, CA 90005

Phone: (213) 639-6400

Fax: (213) 639-1033

charding@dhs.co.la.ca.us

Grant Amount: \$100,000

First Funded: FFY 2003

Legislators

U.S. Sen. Dianne Feinstein

U.S. Sen. Barbara Boxer

U.S. Rep. Xavier Becerra

CA Sen. Kevin Murray

CA Assemblymember Mark Ridley-Thomas

Target Audience

- Ages: PreKindergarten; Kindergarten; Grades 1-9, 11, 12; Young Adults; Adults
- Ethnicities: Asian (12.3%); African American (9.7%); Latino (44.6%); Native American (0.5%); Pacific Islander (0.3%); Caucasian (31.1%)
- Language: Spanish, English, As resources permit

Settings

Community Centers; Clinics; Schools; Farmers' Markets; Faith Organizations

Partners

100 partners from: Schools; School Food Service; Local Health Departments; Parks and Recreation; California Project LEAN; Colleges/Universities; University of California Cooperative Extensions; Local Departments of Social Services

Description

The Los Angeles County Maternal, Child and Adolescent Health Programs (MCAH) will accomplish the following in partnership with the Los Angeles County Nutrition Program, UC Cooperative Extension - California 5 a Day (UCCE), and members of the Los Angeles Collaborative:

- Publish a policy brief on “food and move” insecurity and the link to obesity in Los Angeles County;
- Create a tool kit for action in response to the recommendations to combat “food and move” insecurity which will be published in the policy brief;
- Fund mini-grants in partnership with UCCE to community-based organizations to use the tool kit and implement action steps to decrease “food and move” insecurity, obesity, and promote physical activity;
- Contribute to the publication of a special edition of the Los Angeles county “Good Food News” that will publicize the Healthy Breakfast Campaign, and highlight food and move insecurity issues specific to the MCAH populations; and
- Conduct a media event to launch the Healthy Breakfast Campaign and tie it to the recommendations of the Los Angeles County Blue Ribbon Task Force on Children and Youth Physical Fitness and the policy brief on food and move insecurity.

LOS ANGELES COUNTY OFFICE OF EDUCATION

LIA - County Office of Education

Peggy Uyeda Project Representative 9300 Imperial Highway Downey, CA 90242 Phone: (562) 922-6321 Fax: (562) 922-6388 Uyeda_Peggy@laoe.edu	Local Share: \$1,341,469 State Share: \$610,415 First Funded: FFY 2003	Legislators U.S. Sen. Dianne Feinstein U.S. Sen. Barbara Boxer U.S. Rep. Lucille Roybal-Allard CA Sen. Betty Karnette CA Assemblymember Marco A Firebaugh
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Target Audience

- Ages: PreKindergarten; Kindergarten; Grades 1-12
- Ethnicities: Asian (23.5%); African American (10.3%); Latino (50.5%); Native American (0.2%); Pacific Islander (1.3%); Caucasian (14.3%); Other (0.67%)
- Language: Spanish, Vietnamese, Cantonese, Tagalog, Korean, Mandarin, English

Settings

Clinics; Schools; Family Resource Center; Health Fair

Partners

8 partners from: Schools; School Food Service; Local Health Departments; California Project LEAN; University of California Cooperative Extensions; Local Departments of Social Services; Kids Shape; SHAPE

Description

The Los Angeles County Office of Education (LACOE) Nutrition Network Coalition is coordinated by the LACOE Healthy Schools Office, Division of Curriculum and Instructional Services. Participating in the Coalition are Rowland Unified School District, San Gabriel Unified School District, and LACOE's Educational Programs. The School Health Index is the common goal and used to shape policy and review existing services. The Coalition meets monthly to plan, research, and get district and parent buy-in for nutrition education and physical activity. Taste testing and samples promote a variety of fruits and vegetables. By accessing free resources and distributing and disseminating information on nutrition and physical activity to teachers and parents, the relationship between nutrition, physical activity, and academic performance is demonstrated.

LOS ANGELES TRADE TECHNICAL COLLEGE*LIA - College/University***Rolinda Baker, MSPH**

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 bakerrb42_@yahoo.com

Local Share: \$1,599,643**State Share: \$770,005****First Funded: FFY 2000****Legislators**

U.S. Sen. Dianne Feinstein
 U.S. Sen. Barbara Boxer
 U.S. Rep. Xavier Becerra
 CA Sen. Gil Cedillo
 CA Assemblymember Fabian Nunez

Target Audience

- Ages: PreKindergarten; Kindergarten; Grades 5-7; Young Adults; Adults; Seniors
- Ethnicities: Asian (10%); African American (45%); Latino (45%)
- Language: Spanish, English

Settings

Community Centers; Schools; Grocery Stores; Farmers' Markets

Partners

9 partners from: Schools; Parks and Recreation

Description

The *California Nutrition Network* at Los Angeles Trade Technical College (LATTC) serves one of the lowest income areas in California, SPA 6 in Los Angeles. *Network* nutrition education activities include nutrition education workshops for college students, K-12 students, pre-K children and their parents. The nutrition education activities this year are taking place in two community colleges, four child development centers associated with the community colleges, and 25 Head Start schools linked to King Drew Pediatric Center. General Nutrition education training for medical professionals who work with the target population will be offered at Drew Medical Center. LATTC partners with Alhambra, Hawthorne and Compton School Districts and assists these districts with nutrition education workshops. The nutrition education workshops are conducted in English and Spanish languages and LATTC has the capacity to conduct these classes in Malay, French, and Indian languages as well.

LATTC has a nutrition education curriculum for children of pre-school age and pioneered the Cooking Camp concept targeting children 9-11 years of age integrating food safety, healthy cooking and 5 a Day nutrition education activities.

LATTC is cooperating with many community agencies to provide nutrition education and healthy food demonstrations sharing this nutrition expertise and experience with other LIA's and with the community.

LOS ANGELES UNIFIED SCHOOL DISTRICT*LIA - School/District***Irene Kratz**6155 Bellaire Avenue
North Hollywood, CA 91606

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irene.kratz@lausd.net

Local Share: \$11,796,080**State Share: \$5,898,040****First Funded: FFY 2000****Legislators**

U.S. Sen. Dianne Feinstein

U.S. Sen. Barbara Boxer

U.S. Rep. Howard L. Berman

CA Sen. Jack Scott

CA Assemblymember Dario J.
Frommer**Target Audience**

- Ages: PreKindergarten; Grades 1-12
- Ethnicities: Asian (3.9%); African American (12.1%); Latino (71.9%); Native American (0.3%); Pacific Islander (0.3%); Caucasian (9.4%); Filipino (2.1%)
- Language: Spanish, Vietnamese, Hmong, Cantonese, Tagalog, Korean, Khmer, Armenian, Mandarin, English, Farsi, Russian

Settings

Schools

Partners

Schools; School Food Service; Local Health Departments; Parks and Recreation; California Project LEAN; Colleges/Universities; University of California Cooperative Extensions; Healthcare; Media; Business

Description

The LAUSD Nutrition Network is changing the way students think about fruits, vegetables and exercise by engaging their taste buds, their minds and their bodies. We use food's universal appeal as a starting point in our projects. In the classroom, the planning, preparation and enjoyment of fruits and vegetables is easily turned into an educational experience that can be woven into many core curricular areas, like mathematics, science, reading, social studies, history and the arts. Exercise is easily encouraged when it is fun and makes sense.

To have the greatest impact, we focus our nutrition education efforts on three main areas: the classroom, the cafeteria and the home.

Program activities include Action Awards, Nutrition Advisory Council Awards, and School Nurse Awards to enhance nutrition education at their school sites; Harvest of the Month; Chefs in the Classroom; Farm to School Connection; School Gardens; Physical Activity Programs; After School Programs; Parent Education and Family Events; Resources for Teachers; and Professional Development

MONROVIA UNIFIED SCHOOL DISTRICT*LIA - School/District***Stacy Escarcega**325 E Huntington Drive
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Local Share: \$407,479**State Share: \$203,740****First Funded: FFY 2000****Legislators**

U.S. Sen. Dianne Feinstein

U.S. Sen. Barbara Boxer

U.S. Rep. David Dreier

CA Sen. Bob Margett

CA Assemblymember Carol Liu

Target Audience

- Ages: PreKindergarten; Kindergarten; Grades 1-12; Adults
- Ethnicities: Asian (2%); African American (13%); Latino (52%); Native American (1%); Caucasian (29%)
- Language: Spanish

Settings

Schools

Partners

Schools; School Food Service; California Project LEAN; Healthcare

Description

Monrovia Unified School District Nutrition Network is continuing to promote nutrition education, physical activity, and food stamps in the schools. Activities include promoting nutrition education and food stamps throughout the community by creating strong partnerships with Food Services, PTA, the Methodist Hospital, the local cable station, *Nutrition Network* LIAs, and regional groups and coalitions.

In order for nutrition education to be integrated in 50% of our classrooms, staff development is conducted in the area of nutrition education and physical activity promotion for parents, teachers, and food service staff.

Monrovia provides and distributes nutrition education materials in the form of our "Food for Thought" Newsletter, nutrition education presentations via KGEM, classroom materials, and Produce of the Month program. Work to increase breakfast participation in 9 targeted schools through marketing efforts, information sharing about Universal Breakfast, and participation in National School Breakfast Week will also be taking place.

MONTEBELLO UNIFIED SCHOOL DISTRICT - NUTRITION SERVICES

LIA - School/District

Piper Mattson, M.S., R.D. Nutrition Education Specialist 1612 Mines Avenue Montebello, CA 90640 Phone: (323) 887-7967 Fax: (323) 722-5371 mattson_piper@montebello.k12.ca.us	Local Share: \$288,727 State Share: \$144,362 First Funded: FFY 1997	Legislators U.S. Sen. Dianne Feinstein U.S. Sen. Barbara Boxer U.S. Rep. Grace F. Napolitano CA Sen. Martha Escutia CA Assemblymember Ronald S. Calderon
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Target Audience

- Ages: PreKindergarten; Kindergarten; Grades 1-12; Young Adults; Adults
- Ethnicities: Asian (5%); African American (0.45%); Latino (91%); Caucasian (4.5%)
- Language: Spanish, Armenian, English

Settings

Schools

Partners

5 partners from: Schools; School Food Service; Local Health Departments; California Project LEAN; Colleges/Universities; University of California Cooperative Extensions; Dairy Council

Description

There are four primary areas of emphasis that follow the social-ecological model: classroom instruction, Nutrition Services sponsored events involving collaboration with school site cafeterias and classrooms, campus-wide nutrition advocacy by students, and education and promotion to families.

Kids Cooking Week, Fruit/vegetable promotion, nutrition-themed promotions, and school meals-themed promotions frame the instructional and "event" efforts. These activities support the objective to disseminate nutrition messages to students, family members and teachers working in parallel with teacher training and efforts to create nutrition focus standards to serve as a framework for sequential nutrition education in all grades.

Through student led organizations, Nutrition Advisory Councils, promotion of personal responsibility for nutrition as well as support for nutrition friendly campuses is taking place. The implementation of the School Health Index is meant to strengthen our efforts for a nutrition friendly campus.

Parent outreach programs, including promoting participation in federal nutrition assistance programs, helps to guide parents to make wise nutrition decisions for all family members.

PASADENA CHURCH OF GOD

Faith Community Outreach Special Project

Dr. Glovioell Rowland

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Grant Amount: \$75,000

First Funded: FFY 1998

Legislators

U.S. Sen. Dianne Feinstein
U.S. Sen. Barbara Boxer
U.S. Rep. Adam Schiff
CA Sen. Jack Scott
CA Assemblymember Carol Liu

Target Audience

- Ages: All Ages
- Ethnicities: African American (100%)
- Language: English

Settings

Grocery Stores; Faith Organizations

Partners

7 partners from: Local Health Departments; Parks and Recreation; California Project LEAN; Colleges/Universities; University of California Cooperative Extensions; Local Departments of Social Services; Los Angeles Collaborative; Ministerial Alliances

Description

The Pasadena Church of God's Body & Soul Program is a premier, multi-faceted program which engineers nutritional changes within church systems. It hosts a strong Body & Soul Coalition that has instituted social marketing strategies, food policy changes and healthy lifestyle principles across seven low-income African American churches. Pastors inspire congregants to adhere to the 5 to 9 servings of fruit and vegetables per day. The fundamentals of nutrition are presented in conjunction with the Holy Bible's assertion that "Our Bodies are the Temple of God" (1 Corinthians 6:19).

Body & Soul Committees are established in each church. These key ministers and lay leaders design Nutrition Education Seminars and suggest policy platforms ranging from healthy food options at church sponsored events (i.e., revivals, picnics and funerals), eliminating soda from church vending machines and giving land for gardens at church.

Policymakers and retailers have been sensitized to community needs. Dr. Rowland, Body & Soul Director, has chaired the City of Pasadena's Food Policy Council tackling Food Security in Pasadena's Ethnic Communities. Retail Stores have aligned with Body & Soul. Store Managers discuss cost and quality of produce, host grocery store tours, allow food demonstrations and 5 to 9 a day signage. We link Nutrition Education with 5 a Day Walking Clubs and work with City Councilpersons to place Bike Paths in "Our Communities."

Newspaper articles have been a powerful way to frame out Healthy Lifestyle message. The "Ask Pastor Glovioell" Nutrition Education and Physical Activity column in the local African American Weekly newspaper, Pasadena Journal News, reaches over 1,000,000 million yearly readers with its question & answer format based on scriptural principles from the Holy Bible.

PASADENA UNIFIED SCHOOL DISTRICT*LIA - School/District***Katia Ahmed**

Project Representative
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Local Share: \$2,769,431

State Share: \$1,384,716

First Funded: FFY 2003

Legislators

U.S. Sen. Dianne Feinstein
U.S. Sen. Barbara Boxer
U.S. Rep. Adam Schiff
CA Sen. Jack Scott
CA Assemblymember Dario J. Frommer

Target Audience

- Ages: PreKindergarten; Kindergarten; Grades 1-12; Young Adults; Adults
- Ethnicities: Asian; African American; Latino; Native American; Pacific Islander; Caucasian
- Language: Spanish, Korean, Armenian

Settings

Community Centers; Schools; Grocery Stores

Partners

Schools

Description

The Pasadena Unified School District (PSUD) Nutrition Network Program has formed a collaborated effort between teachers, parents, students, food service staff, school nurses, administrators, community members and students. The program has the goal of increasing the likelihood that PUSD's low-income students and their families consume five fruits and vegetables a day, participate in moderate to vigorous physical activity (60 minutes a day for youth and 30 minutes a day for adults), and participate in food assistance programs. This link creates school environments that reflect a comprehensive commitment to the health and well being of all students.

The program began with a needs assessment of the target audience on their perceptions of preferred healthy eating activities and area of special interest. Teacher trainings focus on integrating and coordinating nutrition education lessons and physical activity programs for students in their classrooms. School nurses have training programs to help them work with students and parents on weight management issues as well as the understanding of child and adolescent behavior, perception, and attitude on healthy eating. Food Service staff will also be trained, to help them realize the importance of positive eating environments and healthy food choices available.

A sample of activities to be conducted for the students and/or community include; Ask the Dietitian booth, Healthy cooking classes, "Walk to School" day, chef demonstrators, nutrition magician, television and radio programs, and many other exciting activities.

CITY OF PASADENA*LIA - City-Government***Mary Urtecho-Garcia**

Nutrition & Physical Activity
Project
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Local Share: \$157,119

State Share: \$78,560

First Funded: FFY 2000

Legislators

U.S. Sen. Dianne Feinstein

U.S. Sen. Barbara Boxer

U.S. Rep. Adam Schiff

CA Sen. Jack Scott

CA Assemblymember Carol Liu

Target Audience

- Ages: Grades 9-12; Young Adults; Adults; Seniors
- Ethnicities: Asian (10%); African American (14.4%); Latino (33.4%); Native American (0.7%); Pacific Islander (0.1%); Caucasian (53.4%); Not indicated=16.0% (2 or more races=3.0%) (16%)
- Language: Spanish, Armenian, English

Settings

Community Centers; Clinics; Schools; Grocery Stores; Farmers' Markets; Faith Organizations; Parks

Partners

25 partners from: Schools; School Food Service; Local Health Departments; Parks and Recreation; California Project LEAN; University of California Cooperative Extensions; Local Departments of Social Services; non-profit agencies; DCFS; etc.

Description

In support of the *Nutrition Network's* goals, the overall goal of this LIA's workplan is to improve the dietary and physical activity behaviors of low-income residents of Pasadena/Altadena, thereby increasing the daily number of fruits and vegetables consumed, promoting daily physical activity and promoting participation in federally-funded nutrition assistance programs. Specifically, this year's objectives that will address these goals are:

1. Implement "Ask the Nutritionist" sessions providing general nutritional information and education at the Villa Parke Farmer's Market. At least 25% of the target group will increase their nutrition knowledge of eating 5 or more fruits and vegetables per day.
2. Conduct the Pasadena Healthy Living Leaders course (a nutrition education, physical activity promotion and healthy lifestyle series). At least 70% of all participants will indicate or demonstrate new knowledge or behavior learned in the PHLL program.
3. Provide nutrition education workshops on making better-informed nutritional/healthy lifestyle choices to youth enrolled in foster child emancipation programs. Approximately 25% of those who attend will report an increase in their preference for better nutritional choices.
4. Offer healthy cooking demonstrations, as part of special ethnic events, The target audience learns how to prepare traditional ethnic foods in a healthier, more nutritious way.

POMONA INLAND VALLEY COUNCIL OF CHURCHES (PIVCC): FOOD SECURITY OUTREACH INITIATIVE

Food Security Special Project

Harry Brown-Hiegel

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Grant Amount: \$54,000

First Funded: FFY 2000

Legislators

U.S. Sen. Dianne Feinstein

U.S. Sen. Barbara Boxer

U.S. Rep. Xavier Becerra

CA Sen. Kevin Murray

CA Assemblymember Mark Ridley-Thomas

Target Audience

- Ages: All Ages
- Ethnicities: Asian; African American; Latino; Caucasian
- Language: Spanish, Vietnamese, Korean, English

Settings

Farmers' Markets

Partners

School Food Service; Local Health Departments; California Project LEAN; Colleges/Universities; University of California Cooperative Extensions; Local Departments of Social Services; Local Churches; City Administrative Staff

Description

This faith-based, ecumenical food security project provides nutrition education and food security interventions and advocacy at two sites serving low-income individuals and families: the Beta Hunger Center and the Pomona Valley Farmers' Market.

The Beta Hunger Center provides emergency food assistance to qualified clients in a wide area in the eastern part of Los Angeles County and San Bernardino County. In 2002, well over 22,000 individuals and families were served. The Farmers' Market currently involves 25 family farmers at its year-round market every Saturday at a well-located church parking lot in Pomona.

In addition to their ongoing basic services, both aspects of the project provide significant Food Stamp promotion as a way of assisting people to be less dependent on emergency food and better able to purchase healthy food in the community, including fresh fruits and vegetables. The project utilizes a software program developed by the Los Angeles Regional Food Bank to ascertain the likelihood of applicants qualifying for Food Stamps and directly assist clients completing Food Stamp applications.

Each Saturday, the Farmers' Market also provides nutrition education and *Network* and *5 a Day* materials to customers through its Nutrition Camp set up at a central location. One Saturday a month the "Ask A Dietitian" program of the Los Angeles County Health Department provides nutrition education services, and two Saturdays a month, nutrition class students from CSU, Pomona, under faculty supervision, conduct food preparation and nutrition classes, and administer food pyramid-oriented class evaluations.

ROSEMEAD SCHOOL DISTRICT*LIA - School/District***Diane Ezzo**

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Local Share: \$136,348

State Share: \$68,173

First Funded: FFY 2001

Legislators

U.S. Sen. Dianne Feinstein

U.S. Sen. Barbara Boxer

U.S. Rep. Hilda L. Solis

CA Sen. Gloria Romero

CA Assemblymember Judy Chu

Target Audience

- Ages: Kindergarten; Grades 1-8; Adults; Seniors
- Ethnicities: Asian (50%); Latino (45%); Caucasian (3%); No info (2%)
- Language: Spanish, Vietnamese, Cantonese, English

Settings

Schools

Partners

3 partners from: Schools; California Project LEAN; University of California Cooperative Extensions

Description

- "Harvest of the Month" will include samples/packets of nutrition information.
- The Breakfast promotion includes art/essay activities. Flyers with information promoting the school breakfast program will be distributed.
- "Back to School Night" and "Open House" promotes fresh fruit and vegetable tasting and *5 a Day*.
- A "Peace Fair" is comprised of nutrition education lessons and sampling fruits and vegetables.
- "Migrant Education" nutrition is promoted using nutrition education lessons and sampling fruit and vegetables.
- The School Garden projects promote student participation in the growing, learning, and sampling of produce.
- A Nutrition Resource corner is being established to include nutrition education and materials. Cooking carts are utilized for food safety demonstrations, nutrition promotion, and healthy food demonstrations.
- Nutrition education trainings will be conducted to include various topics. *Network* goals-related articles will be published in the "Rosemead Report".
- Web page updates promote *Network* activities and information regarding the importance of consuming fruits and vegetables and being physically active.
- The School Health Index team will be assembled via meetings/trainings; module 1 will be completed and a presentation of results will be conducted.
- Support of community and statewide efforts towards nutrition education and physical activity will be conducted via meetings and *Network*-sponsored trainings/conferences.

SANTA CLARITA VALLEY FOOD SERVICES AGENCY*LIA - School/District***Tracy Fiscella, M.S., R.D.**

Project Coordinator

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Local Share: \$151,259**State Share: \$75,630****First Funded: FFY 2000****Legislators**

U.S. Sen. Dianne Feinstein

U.S. Sen. Barbara Boxer

U.S. Rep. Howard McKeon

CA Vacant

CA Assemblymember Keith Stuart
Richman**Target Audience**

- Ages: PreKindergarten; Kindergarten; Grades 1-6; Young Adults; Adults
- Ethnicities: Asian (1%); African American (3%); Latino (47%); Native American; Pacific Islander (1%); Caucasian (48%)
- Language: Spanish, English

Settings

Schools

Partners

Schools; School Food Service; Newhall Family Resource Center; KidShape

Description

The goal is to strengthen nutrition education efforts from the cafeteria to the classroom to the home among schools in Santa Clarita with >50% of students on free/reduced meals. Santa Clarita Valley Food Services Agency collaborates with schools and organizations such as Project LEAN, 5 a Day, Dairy Council of California, KidShape and the Newhall Family Resource Center to provide nutrition and physical activity education to school administrators, teachers, students and their parents. Our primary objective is to increase participation in our school meal programs, while integrating nutrition education into the curriculum.

Over 120 teachers participate in our Harvest of the Month program, which connects literacy with increased consumption of fruits and vegetables. Harvest of the Month is also an avenue to teach simple food preparation which can be transferred to the student's home and their parents. Teachers receive training to integrate nutrition into their core curriculum with an emphasis on language arts. Strategies include providing training and resources for classroom cooking, promoting school gardens, and Central Kitchen tours/activities. Schools will also receive resources and curriculum for promoting consumption of fruits and vegetables. The establishment of a Nutrition Advisory Council at a site links students to decisions regarding nutritious breakfast and lunch choices at school.

SECOND AFRICAN METHODIST EPISCOPAL CHURCH*Faith Community Outreach Special Project***Rev. Edna D. Stafford**

Project Director
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Grant Amount: \$75,000

First Funded: FFY 1999

Legislators

U.S. Sen. Dianne Feinstein
U.S. Sen. Barbara Boxer
U.S. Rep. Maxine Waters
CA Sen. Kevin Murray
CA Assemblymember Mark Ridley-Thomas

Target Audience

- Ages: Adults
- Ethnicities: African American (100%)
- Language: English

Settings

Farmers' Markets; Restaurants; Faith Organizations

Partners

6 partners from: California Project LEAN; University of California Cooperative Extensions; Community Health Council Reach 2010; Church partners; LA Fitness Gym

Description

This church with a congregation size of 600-650 members, is continuing its Health Ministry with the focus on Nutrition Education and Physical Activity promotion for the congregation, partnering churches, and the surrounding community of low-income residents. The church continues to collaborate with the American Heart Association, African American Diabetes Association, WIC, Project Lean, Los Angeles Department of Health Services, Reach 2010, LA BIND, Foshay Middle School in Los Angeles, Elementary and Junior High Schools in the Compton Unified School District, African American Community Center, We Care Residential Center, Mothers in Action Agency, Cedars Sinai Medical Center Community Outreach, American Red Cross, The Neighborhood Council for the 9th District and five area churches to provide ongoing nutrition cooking demonstrations and physical activity promotion. The church subcontracts with a RD from LA BIND for nutrition/cooking classes.

Church bulletins, flyers, pulpit messages, and other organizational newsletters, the local community market and food distribution centers also communicate our nutritional/physical activity messages.

Special events will continue to include field trips to farmers' markets, the annual all Men's Cook-Off, Walk-a-Thon and an annual summer Health Fair. We will continue our monthly after service food demonstrations and healthy food sampling with instructions and recipe distribution from LA BIND. This project is evaluating its impact of fruit and vegetable intake and physical activity habits of program participants with the CPNS survey tools. Program evaluation also includes the number of materials distributed, attendance records, class outlines, meeting minutes, outreach records and sign-in sheets.

SUSTAINABLE ECONOMIC ENTERPRISES OF LOS ANGELES - HOLLYWOOD FARMERS MARKET

Food Security Special Project

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Grant Amount: \$43,762

First Funded: FFY 2000

Legislators

U.S. Sen. Dianne Feinstein
U.S. Sen. Barbara Boxer
U.S. Rep. Diane Watson
CA Sen. Kevin Murray
CA Assemblymember Jackie
Goldberg

Target Audience

- Ages: All Ages
- Ethnicities: Asian (16%); African American (44%); Latino; Caucasian (33%)
- Language: Spanish, English

Settings

Community Centers; Schools; Farmers' Markets; Faith Organizations

Partners

Schools; Local Health Departments; Parks and Recreation; California Project LEAN; University of California Cooperative Extensions; Local Departments of Social Services; Council Offices; Local non-profit orgs.

Description

This fourth-year food security project is an outgrowth of the very successful Hollywood Farmers' Market and is aimed at the establishment, operation, and sustainability of small satellite farmers' markets in low-income neighborhoods in Hollywood and South Central Los Angeles.

The overarching goal of the project is to increase food and vegetable consumption and encourage healthier food choices by Los Angeles' low-income residents to promote health and prevent disease. Four high impact objectives support progress towards achieving the goal in the target neighborhoods including the convening of two focus groups to identify site for the project's "Good Cooking" classes and the design and delivery of three sets of six week practical nutrition education classes at the selected locations.

The second goal of the project is to improve low-income food shoppers' access to farmers' markets and locally grown, budget-friendly fresh produce. Towards that end, the project will continue to operate the first Farm-to-Table farmers' markets and a third farmers' market will be developed at a Central Avenue location.

A resource development plan will be initiated for new farmers' markets including the establishment of a market budget, the development and implementation of a customer survey, assessment of the feasibility of new operations at new sites, and meetings with local community organizations to help plan new farmers' markets, and expediting the permit and funding process.

UNIVERSITY OF CALIFORNIA COOPERATIVE EXTENSION, LOS ANGELES COUNTY

5 a Day-Power Play! Campaign Regional Lead Agency

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First Funded: FFY 1999

Legislators

U.S. Sen. Dianne Feinstein

U.S. Sen. Barbara Boxer

U.S. Rep. Hilda L. Solis

CA Sen. Gloria Romero

CA Assemblymember Ronald S.
Calderon

Target Audience

- Ages: Grades 4, 5
- Language: Spanish, English

Settings

Schools; Grocery Stores; Farmers' Markets; Restaurants; Community Youth Organizations; Media; Non-profits

Partners

80 partners from: Schools; School Food Service; Local Health Departments; Parks and Recreation; California Project LEAN; Colleges/Universities; University of California Cooperative Extensions; Local Departments of Social Services; Community Youth Organizations/Afterschool Programs; Restaurants; Supermarkets

Description

University of California Cooperative Extension acts as the Los Angeles Region lead agency for the *California Children's 5 a Day—Power Play! Campaign*. During 2004, the region will reach 9- to 11-year-old children with the *5 a Day* and physical activity messages through activities conducted with schools, community youth organizations, farmers' markets, supermarkets, food services/restaurants and the media. The lead agency will recruit participation from a variety of community organizations and adult intermediaries with direct access to 9- to 11-year-old children and their parents; provide materials, training and technical assistance to participating organizations; work with partners to institute community- and organizational-level policy, systems, and environmental changes; conduct media and public relations outreach targeting children, parents, adult intermediaries, opinion leaders, and policymakers; enhance connections among participating organizations; and facilitate a regional *5 a Day—Power Play!* Steering Committee. In addition, the lead agency will coordinate with other CPNS-funded projects in the region, including participating in the regional *Network* collaborative. Through these activities, the lead agency will ensure that the Campaign achieves at least 336,000 impressions with the region's 168,382 low-income 9- to 11-year-old children. The Los Angeles Region includes Los Angeles County only.

UNIVERSITY OF CALIFORNIA COOPERATIVE EXTENSION, LOS ANGELES COUNTY*LIA - University of California Cooperative Extension*

Rachel Surls Director 4800 E Cesar E Chavez Ave Los Angeles, CA 90022-1307 Phone: (323) 838-8325 Fax: (323) 838-7449 ramabie@ucdavis.edu	Local Share: \$200,000 State Share: \$100,000 First Funded: FFY 2000	Legislators U.S. Sen. Dianne Feinstein U.S. Sen. Barbara Boxer U.S. Rep. Hilda L. Solis CA Sen. Gloria Romero CA Assemblymember Ronald S. Calderon
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Target Audience

- Ages: Young Adults; Adults; Seniors
- Ethnicities: Asian (6%); African American (20%); Latino (59%); Native American (1%); Pacific Islander (1%); Caucasian (14%)
- Language: Spanish, English

Settings

Community Centers; Schools; Grocery Stores; Farmers' Markets; Community Gardens, School Garden Programs

Partners

Schools; Local Health Departments; University of California Cooperative Extensions; Community Development Commission; Community Gardens, Other agencies and community programs

Description

The Fresh from the Garden Program will promote gardening, fresh produce consumption and physical activity to low-income families and teachers associated with school gardens through workshop lessons.

Forty-five to sixty minute lessons are grouped into 2 categories (Cool Weather and Warm Weather Vegetables). Each lesson contains an overview of the topic, cultivation and harvesting (if appropriate), nutrition, handling and preparation information, recipes and an English/Spanish handout.

The Senior Initiative Program promotes healthy eating and physical fitness and provides information about access to federal nutrition assistance programs to senior residents of public housing in Los Angeles County.

Presentations to housing sites residents' councils are used to determine topics of interest and tailor the classes and activities to the needs and interests of the seniors at each site. Workshops will focus on nutrition education for seniors, food safety, budgeting food dollars, food stamp promotion and physical activity promotion.

The Nutrition and Physical Fitness Program contacts Schools, Head Starts, WIC Offices and clinics, Principals, School Coordinators, Nutritionists, Nurses, etc., and offers our program to their low-income clientele. The curriculum is divided in six lessons and one mini class at a Farmer's Market or Grocery Store. All participants will receive class materials and a certificate of participation a graduation.

VAUGHN NEXT CENTURY LEARNING CENTER*LIA - School/District*

Suzanne Llamas Project Director 13330 Vaughn Street San Fernando, CA 91340 Phone: (818) 834-1553 Fax: (818) 834-9036 s_llamas2@hotmail.com	Local Share: \$90,960 State Share: \$45,480 First Funded: FFY 2000	Legislators U.S. Sen. Dianne Feinstein U.S. Sen. Barbara Boxer U.S. Rep. Howard L. Berman CA Sen. Richard Alarcon CA Assemblymember Cindy Montanez
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Target Audience

- Ages: PreKindergarten; Kindergarten; Grades 1-8
- Ethnicities: African American (2%); Latino (98%)
- Language: Spanish, English

Settings

Schools

Partners

7 partners from: School Food Service; Local Health Departments; Colleges/Universities; Local Departments of Social Services; MEND (Mend Each Need With Dignity); Food 4 Less Market

Description

The goal of our program is to empower students and parents to make healthy eating choices. We educate them in nutrition and provide them with many opportunities and activities to experience and analyze food choices. The activities we create form a connection between the classroom, the cafeteria, and their homes.

The Parent/Student Outreach Worker goes into the classroom and teaches the students and parents how to prepare quick, delicious and nutritious meals and snacks that they can replicate at home. Teachers follow-up these activities with lessons of their own on food choices, eating habits, nutritional value of various foods, and the importance of fruits and vegetables in their diet. They use these opportunities to integrate the language arts, math, science, and social studies skills in their health science curriculum and they discuss related health problems and the importance of including physical activity in their daily routines. The students also participate in a Gardening Club program that teaches them to grow their own vegetable garden and how to prepare their produce for meal consumption.

Teachers are supported by staff development, stipends that support instruction, health clinic partnerships and the use of the Nutrition Discovery Center in our school library.

The Nutrition Student Council becomes responsible for educating their peers by presenting weekly "Fruit and Vegetable Nutrition Facts." They conduct student surveys, participate in "Classroom Cook-off," "Nutrition Camp" activities and they work with the cafeteria for the "Vegetable Taste Testing" activity. They also go into the community with their own taste testing activities. The most valuable result is that the students are now becoming vocal in nutrition advocacy.

WEINGART YMCA*Physical Activity and Nutrition Resource Center***Lottie Cleveland**

Project Coordinator
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Grant Amount: \$85,254**Legislators**

U.S. Sen. Dianne Feinstein
 U.S. Sen. Barbara Boxer
 U.S. Rep. Maxine Waters
 CA Sen. Edward Vincent
 CA Assemblymember Mark Ridley-Thomas

Target Audience

- Ages: All Ages
- Ethnicities: African American; Latino
- Language: Spanish, English

Settings

Community Centers; Clinics; Schools; Farmers' Markets; Faith Organizations; YMCA sites

Partners

8 partners from: Schools; Local Health Departments; California Project LEAN; University of California Cooperative Extensions; Healthcare; National Organizations

Description

As a Physical Activity Resource Center, our goals are to provide technical resource support within the areas of nutrition education and physical activity to community leaders within South Central. The purpose is to assist in effectively changing the eating behavior among low income African-American and Latino women and establish learning through the promotion of physical activity and implementation of a nutrition outreach mechanism. Because of the YMCA's familiarity and current involvement with this population, the YMCA along with collaborating agencies will work together to educate families and communities about healthy eating and increased physical activity through:

- Linking physical activity providers and nutrition providers.
- Promoting healthy lifestyle through nutrition classes.
- Coordinating Spring community event/Healthy Kids Day
- Coordinating a YMCA monthly family nite (healthy fruit and vegetable taste testing)
- Organizing California Be Active walking clubs